



## What is hypoxic ischemic encephalopathy?

Hypoxic ischemic encephalopathy, or HIE, is a medical term that means brain injury resulting from too little blood flow or oxygen delivery to the brain.

- **Hypoxic** [hye-POK-sik]: not enough oxygen
- **Ischemic** [is-KEM-ik]: not enough blood flow
- **Encephalopathy** [en-sef-a-lo-path-ee]: a sign of possible brain injury

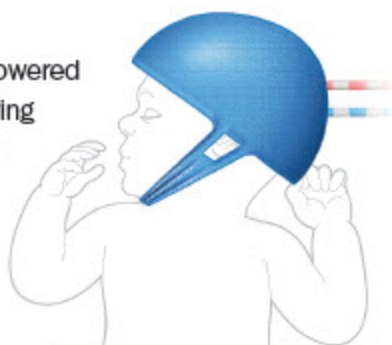
For more information on HIE, please see the sheet titled “Understanding Hypoxic Ischemic Encephalopathy”.

## What is hypothermia?

Therapeutic **hypothermia** [hye-poe-THUR-me-uh] means lowering body temperature. For babies with medium to severe HIE, the most common treatment is hypothermia. The lower temperature is thought to help limit the amount of brain injury from HIE.

## How is the baby cooled?

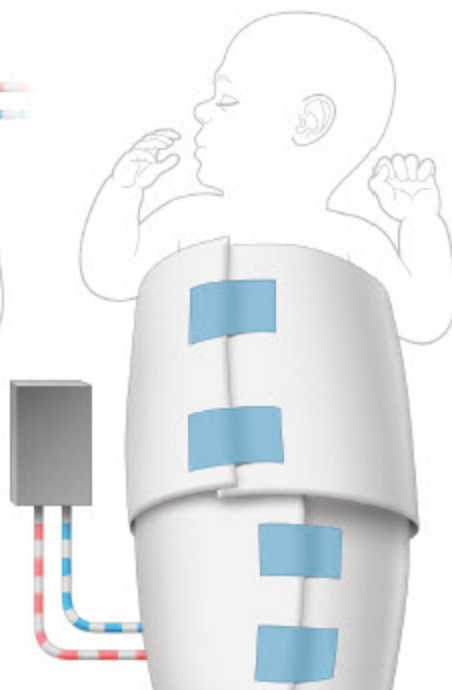
The baby’s temperature is usually lowered using a special hat or blanket. During cooling, the baby’s temperature will be watched closely.



Cooling with a special hat

## How long will the baby be cooled?

In most cases, the baby will be cooled for about 3 days. Then the baby will be slowly rewarmed to normal temperature.



Cooling with a special blanket

## What will happen during hypothermia treatment?

When the baby’s temperature is lowered, body functions will slow. The health care team will watch the baby’s **vital signs** very carefully. Every effort will be made to keep the baby comfortable. To limit stress, the baby may be **sedated**.